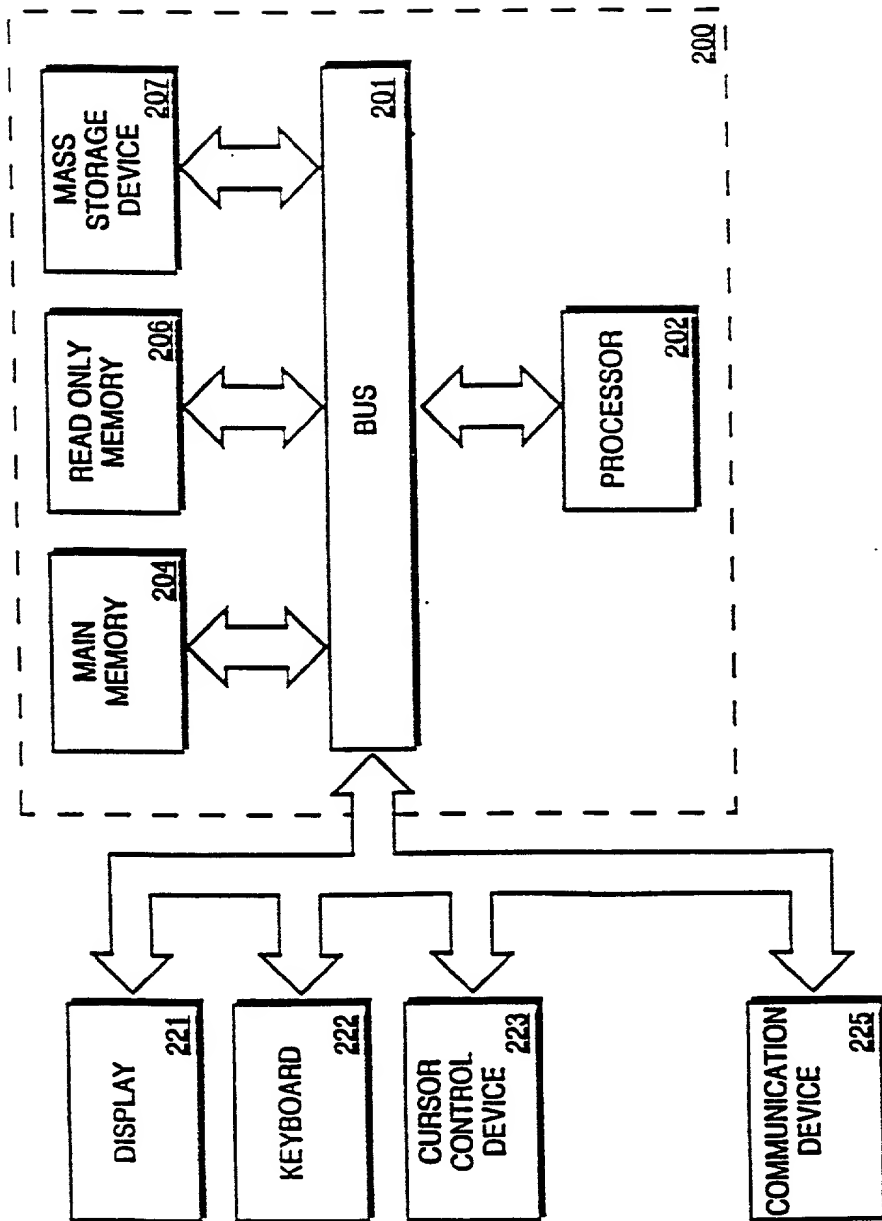
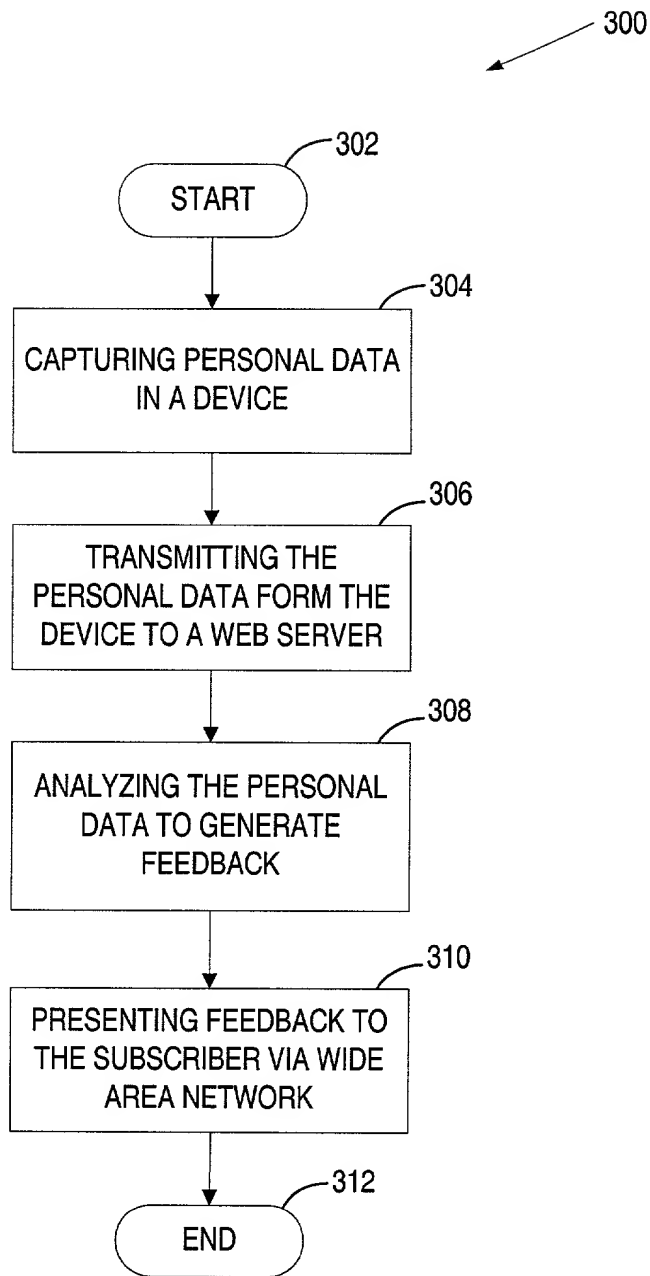


**FIG. 1**



**FIG. 2**



**FIG. 3**

FIG. 4 is a block diagram of a system 400. The system 400 includes a personal parameter transmitter 405, a G.P.S. signal 410, and a wireless heart rate transmitter 420. These components are connected to a central unit 400, which contains a personal parameter receiver 425, a G.P.S. receiver 430, a heart rate receiver 440, and a motion sensor 450. The central unit 400 also includes a microprocessor 460, an electronic beeper 470, a digital audio 472, an MP3 player 474, memory 480, software 482, and electronics 484. The central unit 400 is connected to an earphone 476, a modem 490, and a graphical user interface 494. The modem 490 is connected to an internet web site 492.

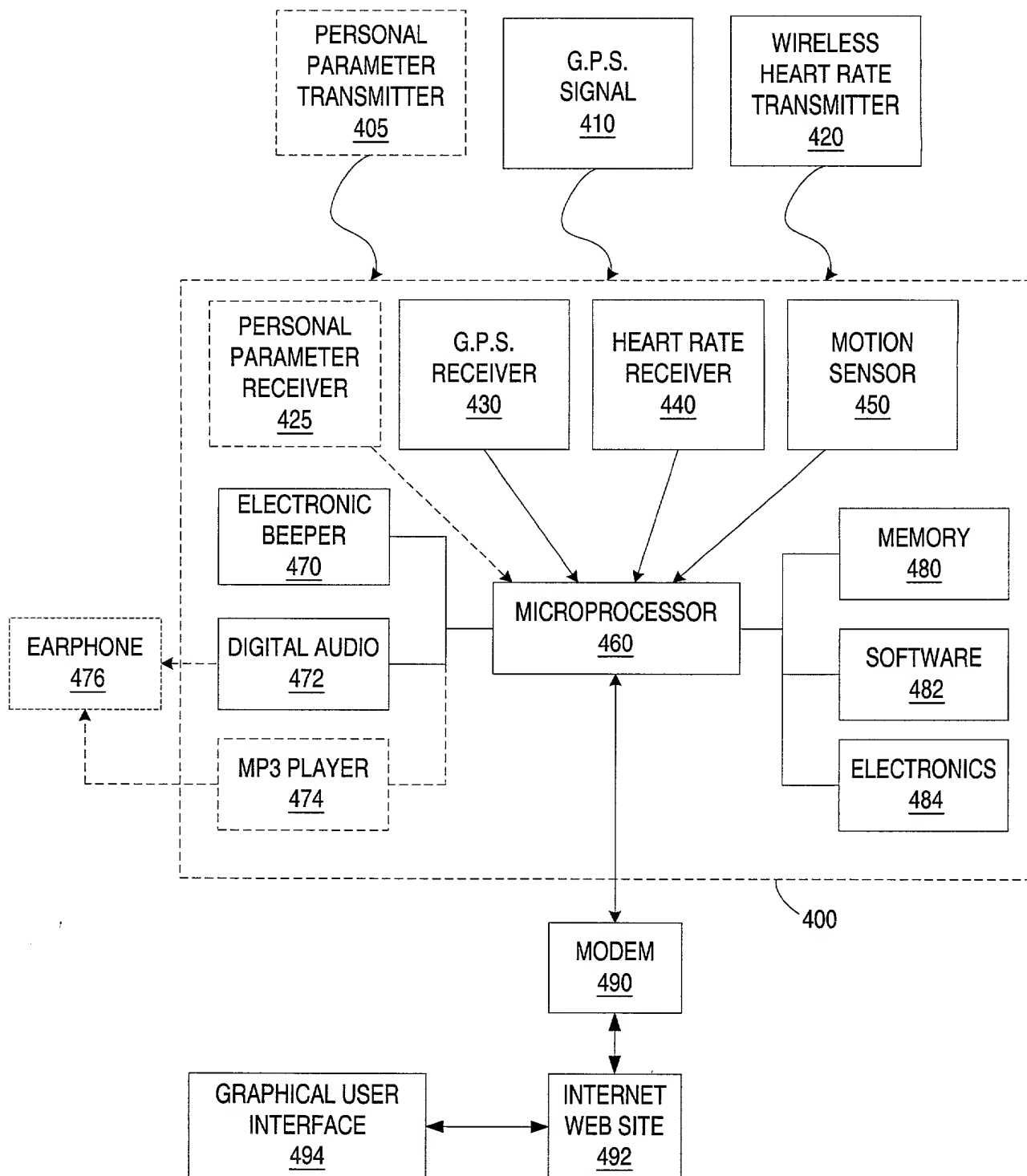


FIG. 4

FIG. 5 is a block diagram of a system 400. The system 400 includes a G.P.S. SIGNAL 410, a WIRELESS HEART RATE TRANSMITTER 420, and a SATELLITE PAGE SERVICE OR CELLULAR SERVICE 422. These components are connected to a central unit 400. The central unit 400 contains a G.P.S. RECEIVER 430, a HEART RATE RECEIVER 440, and a MOTION SENSOR 450. These receivers are connected to a MICROPROCESSOR 460. The MICROPROCESSOR 460 is also connected to an ELECTRONIC BEEPER 470, a DIGITAL AUDIO 472, and an MP3 PLAYER 474. The MICROPROCESSOR 460 is further connected to a MEMORY 480, SOFTWARE 482, and ELECTRONICS 484. A PANIC BUTTON TO SATELLITE PAGE SERVICE OR CELLULAR SERVICE 486 is also connected to the MICROPROCESSOR 460. The MICROPROCESSOR 460 is connected to a GPS RECEIVER 496 and a MODEM 490. The GPS RECEIVER 496 is connected to an EARPONE 476. The MODEM 490 is connected to an INTERNET WEB SITE 492. The INTERNET WEB SITE 492 is connected to a GRAPHICAL USER INTERFACE 494.

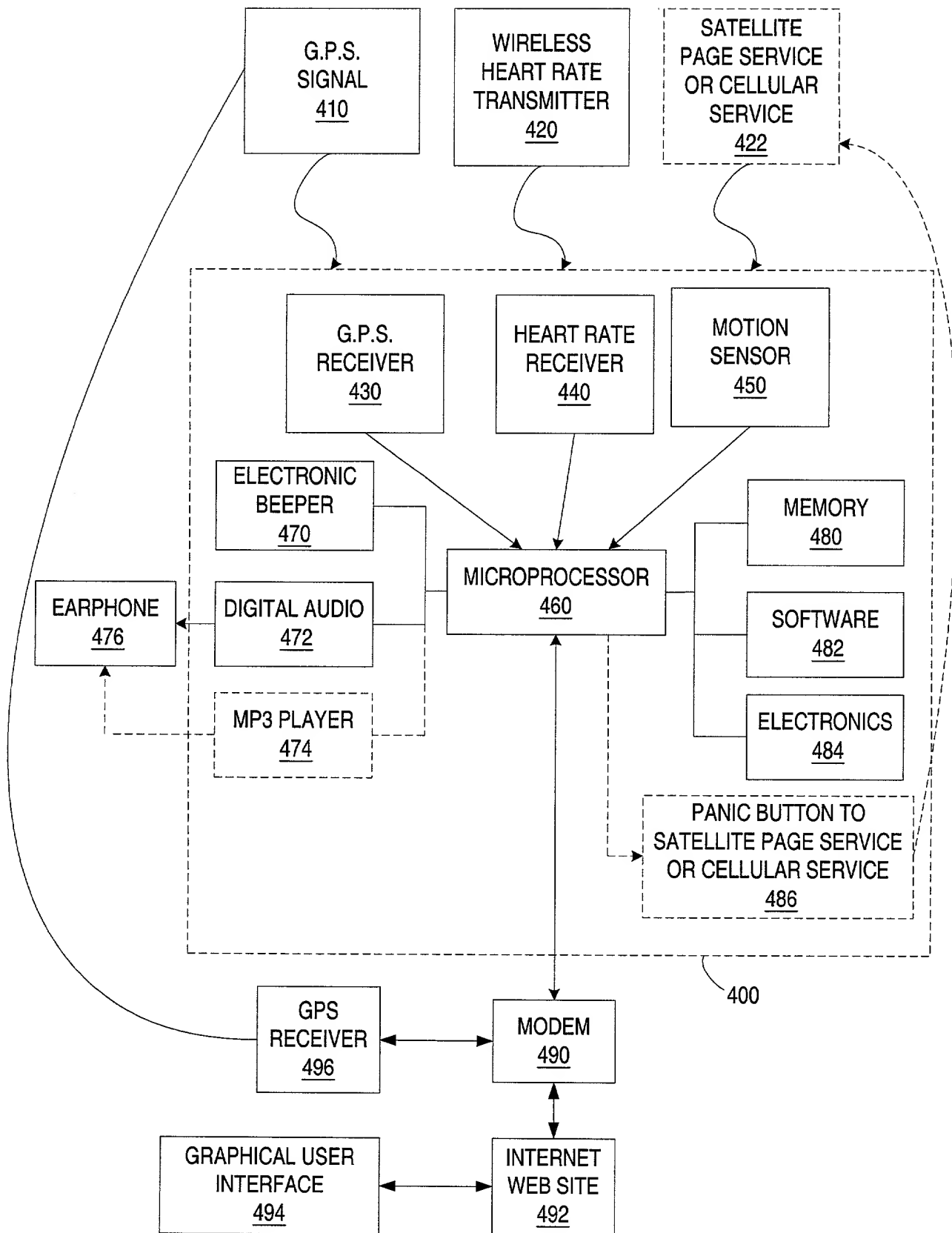


FIG. 5

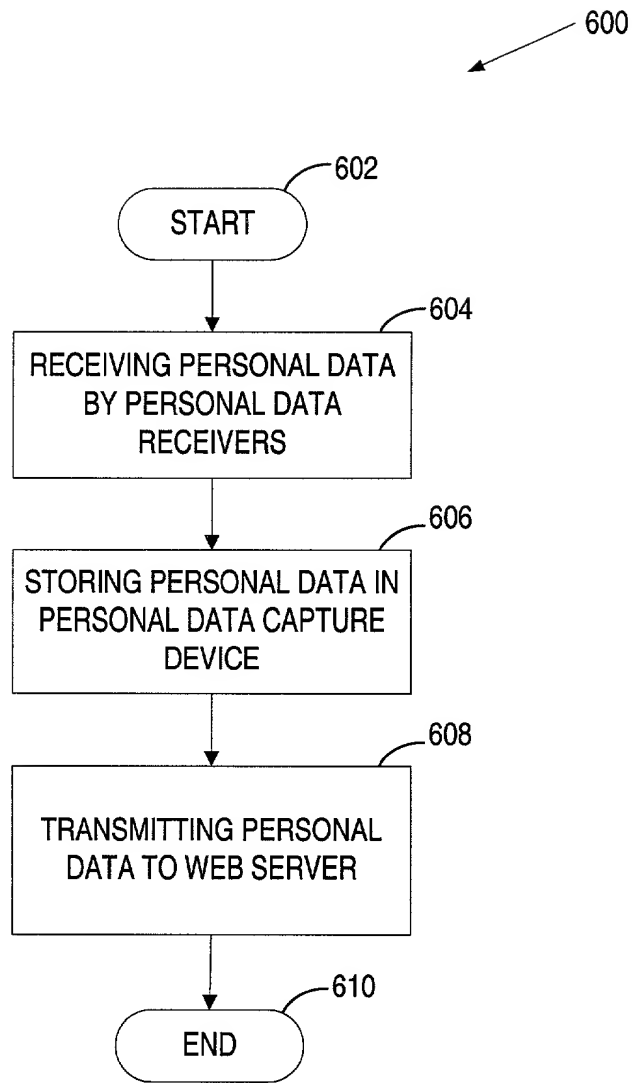


FIG. 6

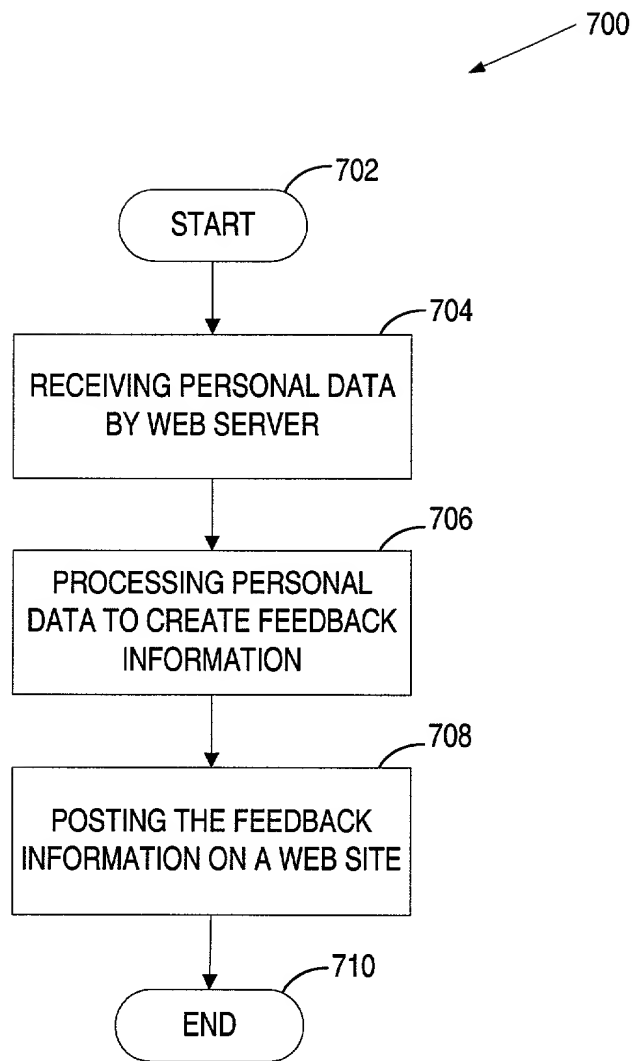


FIG. 7

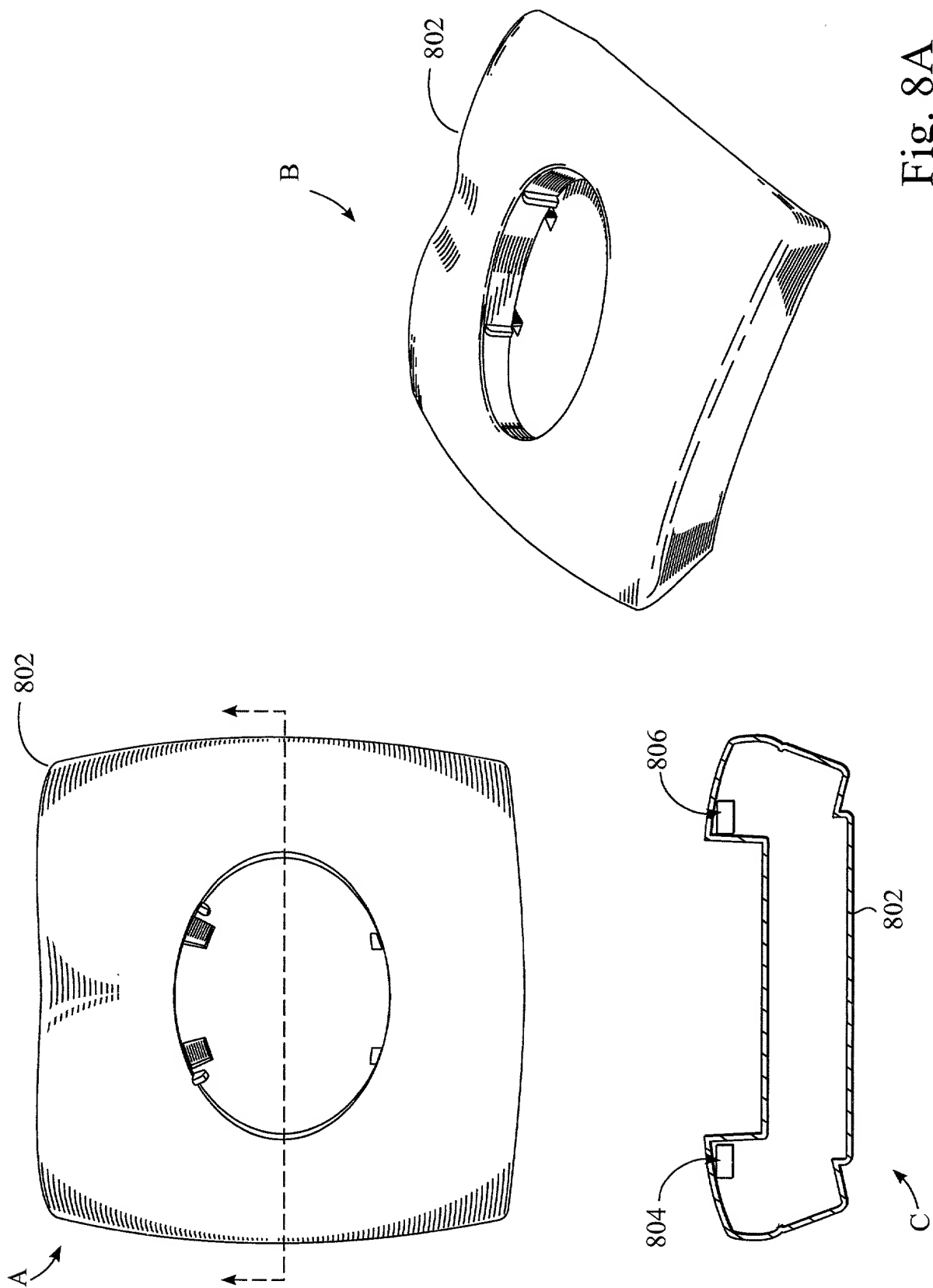


Fig. 8A



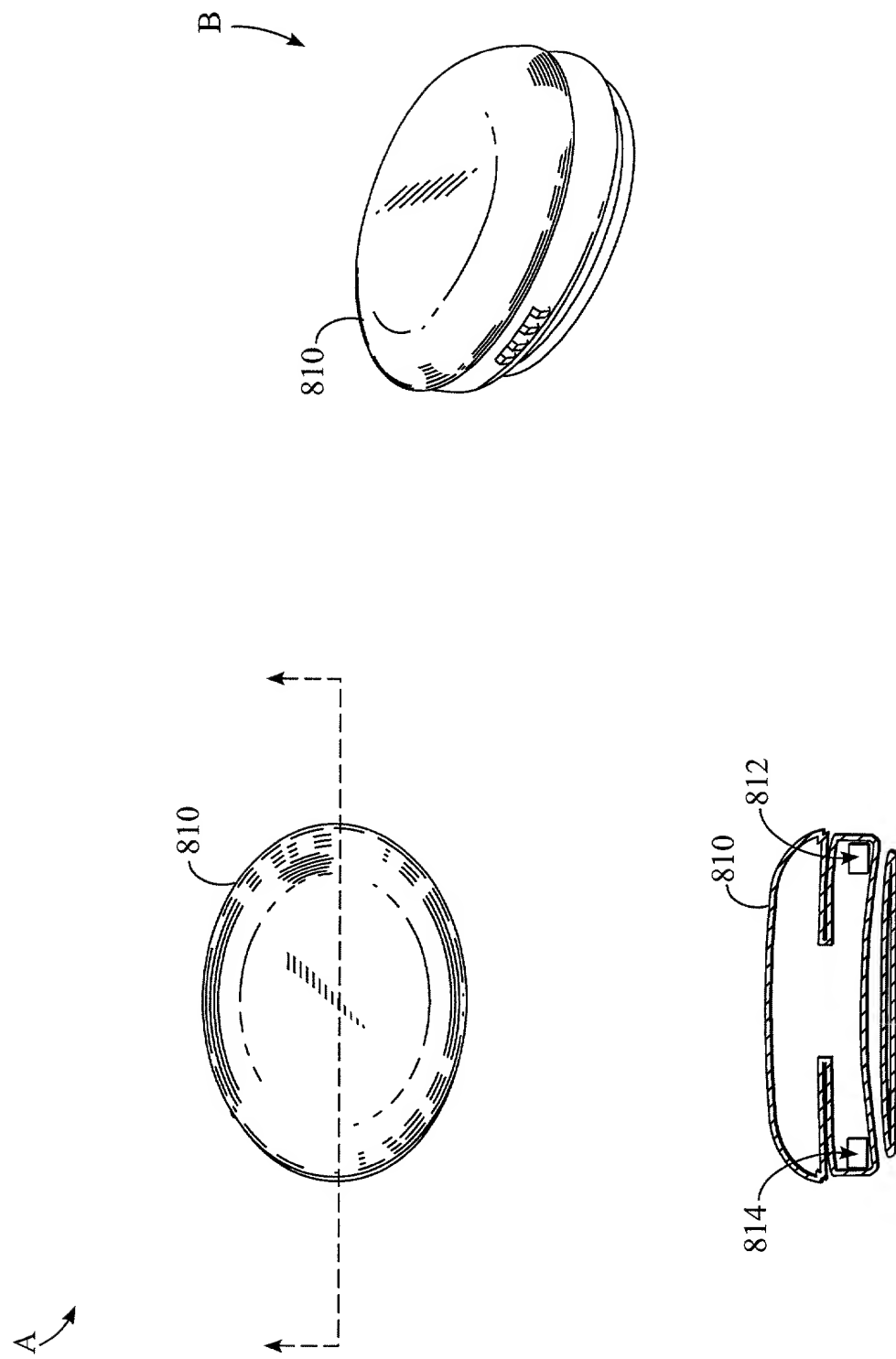
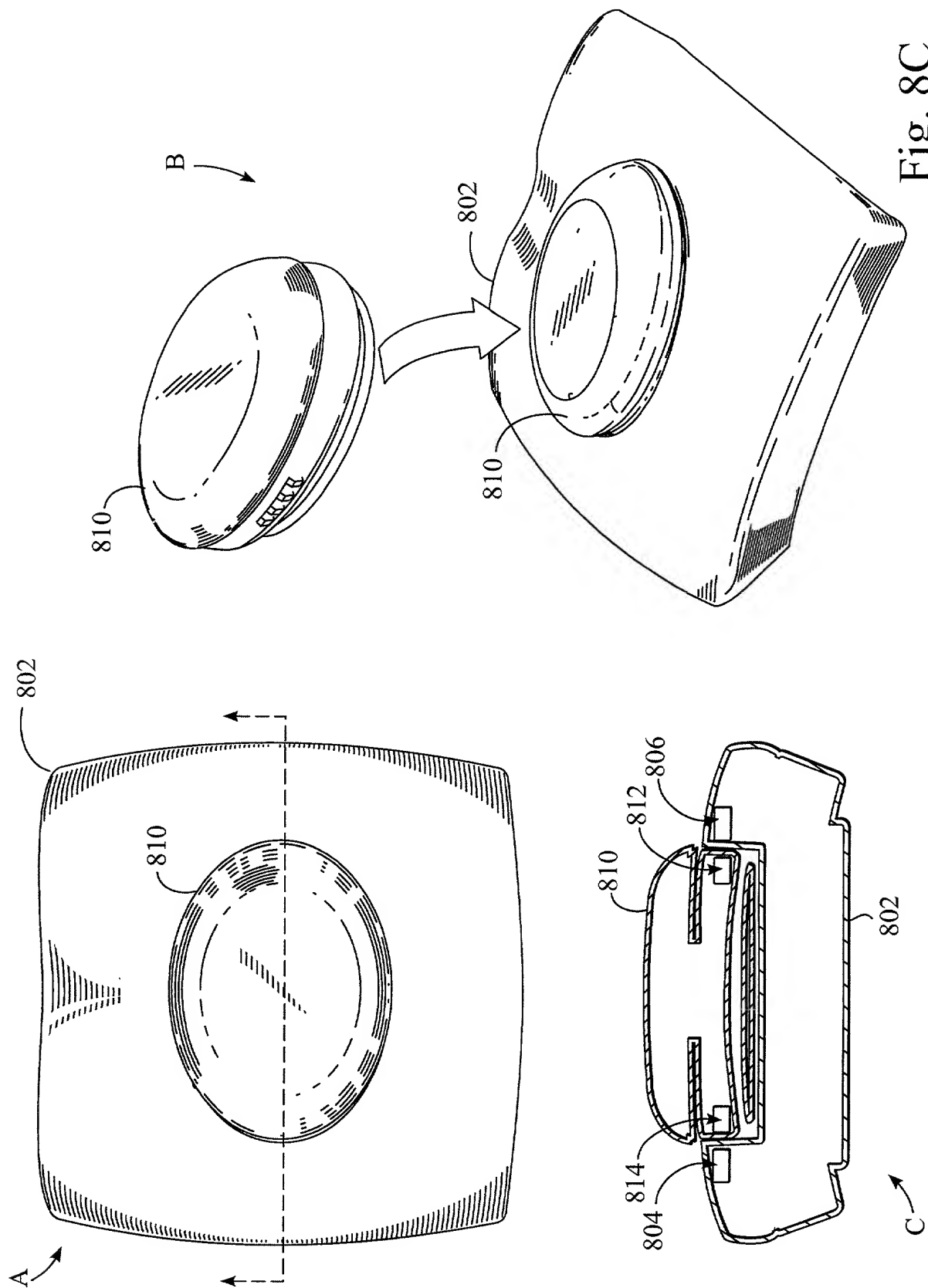
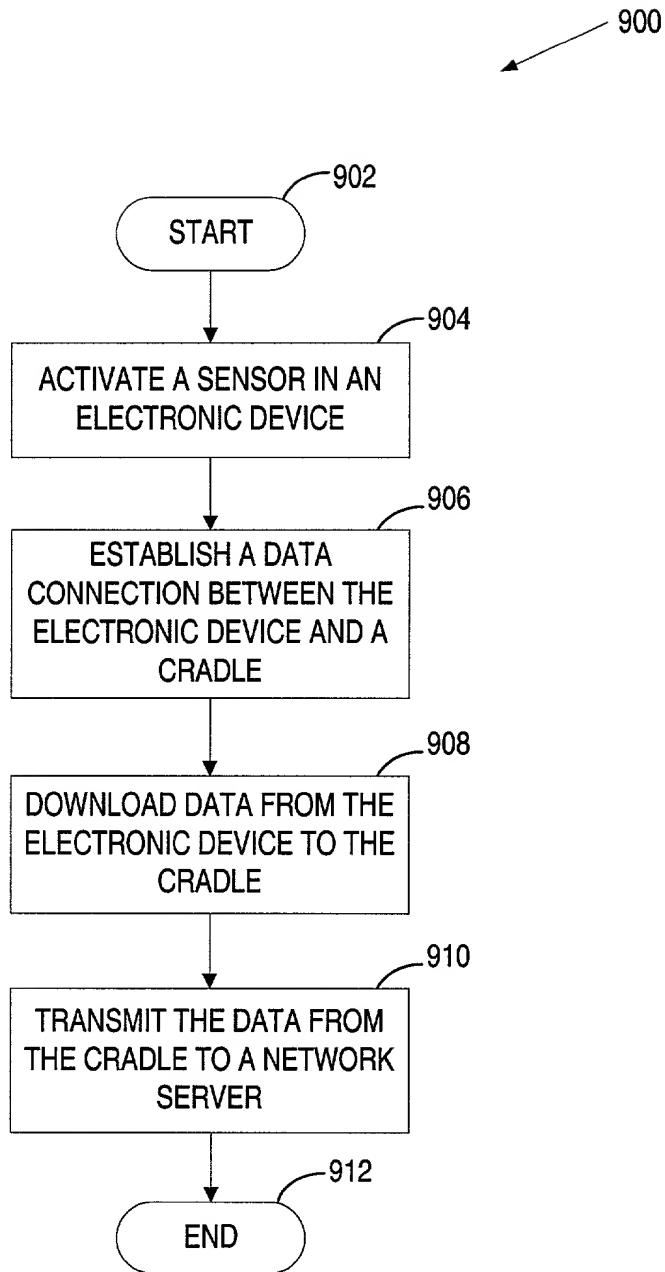


Fig. 8B





**FIG. 9**